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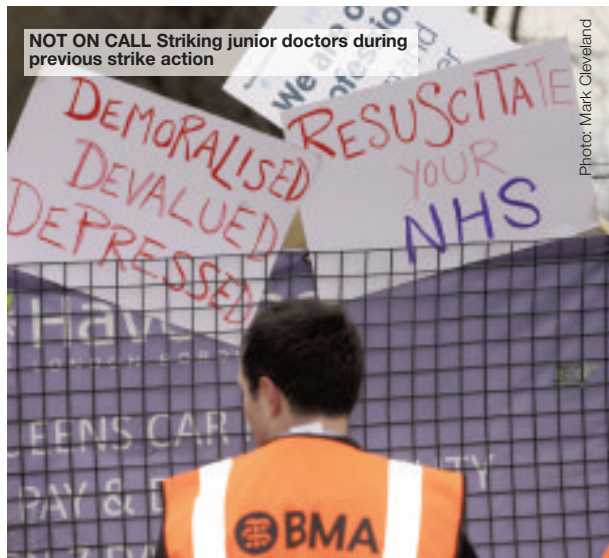
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NOT ON CALL Striking junior doctors during previous strike action

Photo: Mark Cleveland



## GPs SET TO HOLD THE FORT

It's 'emergencies only' during next strike days, warns NHS trust

NHS MANAGERS across east London have warned people not to come to hospital for non-emergency care during next week's junior doctors strike.

Barking, Havering and Redbridge University Hospitals NHS Trust, (BHRUT) which runs King George in Goodmayes and Queen's in Romford, issued the warning as junior doctors are set to fully strike for 18 hours on April 26 and 27.

Managers at Whipps Cross

Hospital had offered no formal advice as we went to press. A spokesman said: "We are at the planning stage. We have not yet given any public messages, but are considering our options."

The industrial action comes as part of an ongoing dispute between the Government and the British Medical Association over a new contract.

A BHRUT spokeswoman said officials were already contacting

patients to postpone a number of outpatient appointments and planned surgeries.

The areas covered by the Trust will offer additional appointments at GP hubs plus 16 extra GPs for the duration of the strike.

Akin Idowu, an A&E consultant at the trust, said: "This will have a huge impact on us. We'll be focusing on providing lifesaving care, so please do not come to us unless you have a serious illness or injury - we

will not be able to treat you.

"We never want to turn people away, but we will have to if people come to us who do not need emergency care. If you could be treated by a GP, that's where you will be sent so that we can focus all our efforts on saving people's lives."

Pharmacies also give advice on more minor illnesses, and out-of-hours GP appointments can be booked, until 10pm, on strike days by calling 020 3770 1888.



**COMPETITION** PAGE 2  
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Recycled paper made up 80.3 per cent of the raw material for UK newspapers in 2005.



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## COMPETITION

# Grab free tickets to new keep-fit comedy

THE world premiere of Nichola McAuliffe's raucous new comedy is at Queen's Theatre, Hornchurch, and we have FIVE pairs of tickets to give away.

The Silver Gym, written by and starring the Olivier Award-winning actress and featuring some of the country's top talent including actress and stand-up comedienne Pauline Daniels, with a vocal cameo by Christopher Biggins, runs until Saturday, May 7.

Former army captain Stella Silver is starting afresh and has bought herself a gym.

With regulars in the autumn of their years, who do not know their bench presses from their bus passes, and their dumbbells from their digestives, plus dodgy developers trying to get their hands on the place, Stella has her work cut out.

Can she whip the gym and her motley crew into shape?

Playwright, actress, novelist and journalist, McAuliffe, who won an Olivier Award for Best Actress for her role in the musical Kiss Me, Kate, played Sheila Sabatini in ITV's Surgical Spirit, has appeared in Coronation Street, Bond film Tomorrow Never Dies, Doctor Who and My Family, and worked along-



**WORKOUT:** Stella Silver (Nichola McAuliffe), front, and the cast of The Silver Gym side Martin Sheen and Michelle Pfeiffer.

Daniels, who has performed in UK theatres and in the West End, is a

familiar face on TV having played Maria in Brookside and appeared in Bread and Wogan. For further information and tickets to see The Silver

Gym visit queens-theatre.co.uk or call 01708 443333.

To win one of five pairs of tickets to see the production on Tuesday, May 3, at 8pm, answer this question.

**Q: Nichola McAuliffe won an Olivier Award for Best Actress for her role in which musical?**

**A: Kiss Me, Kate**

**B: Hello, Dolly!**

**C: Oklahoma!**

To enter the competition telephone your answer – A, B or C – to (0901 307 1668) along with your name, address, telephone number and email.

Alternatively text YASILVER (space) followed by A, B or C, and your name, full address and email to 63333. Calls cost 50p per call plus your phone company's access charge. Calls from mobiles will cost considerably more. Texts cost 50p plus your standard network rates.

If you do not wish to receive details on any other products or services, text EXIT at the end of your message.

Lines close on Thursday, April 28. Entries received after the closing date will not be counted but may still be charged.

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## Waltham Forest on for free summer events

FREE events are set to take place for residents across Waltham Forest this summer.

The first is on Sunday June 19 with the Leyton Midsummer Festival at Leyton Jubilee Park including music, food and drink and a variety of family friendly arts and craft activities. At Leyton Sports Ground on Sunday July 3, the Leyton Get Together will feature award-winning saxo-

phonist Yolanda Brown, with guest artist Omar, in a mixed programme of soul, reggae and jazz in celebration of Brazil hosting the 2016 Olympics. The Walthamstow Garden Party returns to Lloyd Park on July 16 and 17. More than 32,000 visitors and 650 performers were at the festival last year.

For more information, visit [walthamforest.gov.uk/get-together](http://walthamforest.gov.uk/get-together).



**WINNER:**  
The Leyton  
Big  
Weekender  
carnival in  
2015

## Community garden set to be a grower

A GARDEN project at a children's centre in Dagenham has moved a step closer after £10,000 was secured to go

towards it. The money comes from Tesco's Bags of Help scheme, and was secured by the Parent Forum at William

Bellamy Children's Centre. The scheme, funded by the five pence charge on carrier bags, provides funding for groups and initiatives to create an inclusive space that will benefit the whole community.

Clare Rowley, chair of the Parent Forum, said: "The community garden is a space to engage everyone of any age. Adults and the elderly will have an area to grow fruits and vegetables to take home and enjoy."

"Our bid to create a

community garden was to support our vision to build a legacy for the next generation. We hope it will be a place to develop and grow new and lasting relationships across our wonderfully diverse community."

Councillor Evelyn Carpenter, cabinet member for education and schools, said: "Securing £10,000 for the benefit of people in the East Locality area will make a huge difference and help bring people closer together as one big community."

**SUCCESS:** Supporters and members of the Parent Forum



## ► speedread

● **AROUND 90 per cent** of parents with a child starting primary school in Barking and Dagenham this September were offered their first preference choice according to new figures. This was higher than the London first choice average which was 83.59%. The number of parents who secured a place in one of their top three school choices was 94.27% across London compared with 96.5 per cent in Barking and Dagenham.

● **MORE than 800 cubs** from across east London have attended a special showing of Disney's *The Jungle Book* in Romford as part of their 100th anniversary celebrations.

Cub scouts, leaders and parents enjoyed the film at Premiere Cinemas in the Mercury Mall, on Friday.

Four screens were taken up by the group of 8 to 10 year old boys and girls.

● **DETECTIVES** are appealing for information and witnesses after an elderly man died following a collision in Ilford.

Police were called at 5.54am on Thursday April 7 to reports of a collision on the A12 at Ellesmere Gardens involving a pedestrian and a car.

Officers and the London Ambulance Service attended and the pedestrian, a 78-year-old man, was pronounced dead at the scene. Anyone with information should contact 0208 597 4874.

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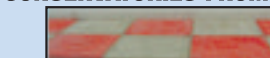
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**OVEN-READY:** Anna Diao, Milli Johnston, Callie Warner, Charissa Humphries and Tom Scorey- Hall with their biscuits Photos by Mark Cleveland



**FACE TO FACE:** Daisy Ward with her rhino biscuit and right, Jack Benson with his tasty effort



# Biscuits to help threatened rhino

SCHOOLCHILDREN in Upminster took part in a special TV Bake Off-style event to raise money for a rhino charity.

Pupils at James Oglethorpe Primary School in Ashvale Gardens baked and decorated rhino-shaped biscuits before they were judged by Mayor of Havering Cllr Brian

Eagling and Mayoress Bunny Eagling.

The biscuits were sold last Thursday to raise cash for the Poached Rhino charity, which is dedicated to the conservation of the world's rapidly diminishing rhino population

Teacher Kelly Cubitt said: "I did

an endangered talk on the rhino with the children and they said they would like to do some events for them."

She added that since the school's fundraising work had begun last year, it had raised more than £2,500 for the charity, which she said had been really supportive of its efforts.



**IN THEY GO!** Pupils Amelie Phillips, Roman Bradbury and teacher Kelly Cubitt with trays of biscuits ready to be baked

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## NEWS

**TEAMWORK:** Pupils from James Oglethorpe Primary School create their biscuits in aid of the Poached Rhino charity



**FINAL TOUCH:** Maxwell Crick uses white chocolate to decorate his biscuits



**DETAIL:** Keira Judge with the rhino-shaped cutter



**STIR IT UP:** Poppy Walsh and Chelsea Bastick mix chocolate



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# Meet the beauty boss stars turn to

SYLVIA Blackman has been helping celebrities to get into shape for almost a decade.

Sylvia, from South Woodford, has been helping the rich and famous get "red carpet ready" using a high-tech system called Hypoxi.

The machine, designed by doctors, acts on the stubborn areas on the stomach and/or the bottom and thighs.

Sylvia said: "Going to the gym is good, however, most of the time you will bulk up and women don't want this, say for example if you do five spin classes a week, your thighs will get bigger. "The body only burns fat which it can easily access which isn't thighs and the stomach, however the Hypoxi method targets these very difficult to reach areas. Fat and cellulite is reduced



**HELPING HAND:** Sylvia Blackman, left, and Vicky Michelle

and the connective tissue is strengthened."

X Factor judge Cheryl used to complain that although she was slim, she was not happy with her thighs.

Sylvia added: "She tried our therapy and now swears by Hypoxi, so much so that she bought the S120 Hypoxi machine to use at home."

Katie Price also owns one, and TV show How To Look Good Naked regularly screened Sylvia's clinic.

Sylvia said: "Alex Reid has been a regular client of Hypoxi South Woodford and he is a fan of Hypoxi-Dermology and VacuNaut machines.

"Amy Childs used Hypoxi machines before she launched her bikini range. We also see Laila Rouss from Footballers' Wives and Vicky Michelle from

'Allo 'Allo! and I'm A Celebrity...Get Me Out of Here!"

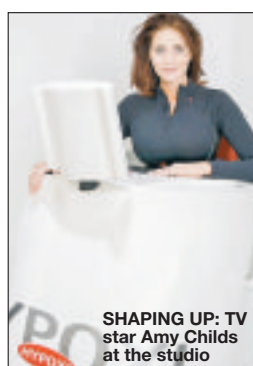
Sylvia also helped contestants to shape up for dating show When Do You Get Off? in 2015.

Sylvia, who assesses each client individually, said: "Before the cardio session, clients must eat a small portion of carbs then no food for two hours afterwards, after that just protein and vegetables that day.

"I may get a size six client in with a wobbly belly or a size 22 lady who needs to lose fat all over, so their programme will be designed differently."

Sylvia was best student of the year 2007 at the University of London.

Her business won the best Polish business 2015 in the UK health category and the Hypoxi business was given the MyFace and MyBody award.



**SHAPING UP:** TV star Amy Childs at the studio

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### CRYPTIC CLUES

#### ACROSS

- Coin placed in a vegetable (6)
- Desert street (6)
- Filming celebrities – they're heavenly movers! (8,5)
- Some idea of giving liquid to Heather (7)
- Near a rebuilt stadium (5)
- Follow the trail (5)
- Gain knowledge of renal disorder (5)
- Race that's run early (5)
- In excess of two pounds is nothing for a cherry (7)
- Great success in showing the flag (6-7)
- Dee ran out and made some money (6)
- Poor child finding it hard to get in a new apron (6)

#### DOWN

- Go past the Cockney man here and there (6)
- He makes pots for a living (7,6)
- All together musical (5)
- Had a meal after the exam as Will's done (7)
- The usual tamer upset by Miss Marple for instance (7,6)
- As mild can come to mean gloomy (6)
- Difficulties with the first showjumping horses (5)
- There's money in sugar and pepper (7)
- It's not much of a dessert (6)
- Strike a fishing-boat (5)
- Relative to an American in the money (6)
- The measure of a king (5)

#### Last week's solutions

Across: 1 Life sentence; 7 Minim; 8 Parke; 9 Tax; 10 Theatres; 11 Rumpus; 12 Gaiola; 15 Farthings; 17 Dig; 18 Light; 19 Let on; 20 Scene stealer.  
Down: 1 Light traffic; 2 Sin; 3 Number; 4 Exporters; 5 Cares; 6 Manslaughter; 7 Maxxi; 10 Touchdown; 13 Sedan; 14 Angles; 16 Relic; 20 Tie.

#### CRYPTIC SOLUTIONS

Across: 1 Photograph; 7 Split; 8 Adieu; 9 Eye; 10

Down: 1 Frequent; 2 Oil; 3 Retain; 4 Plaything; 5 Exile; 6 Substantiate; 7 Sleep; 10 Persevere; 13 Order; 14

Hiatus; 16 Feign; 20 Pen.

### QUICK CLUES

#### ACROSS

- Menial (6)
- Lunge (6)
- Dregs (13)
- Layer (7)
- Giant (5)
- Custom (5)
- Striving (5)
- Straighten (5)
- Entrust (7)
- Superiority (13)
- Showy (6)
- Enthusiast (6)

#### DOWN

- Stop (6)
- Miscalculate (13)
- Scope (5)
- Fit (7)
- Accidental (13)
- Occupant (6)
- Foe (5)
- Beginning (7)
- Stopped (6)
- Loose stones (5)
- Devoid (6)
- Elbow (5)

#### QUICK SOLUTIONS

Across: 1 Photograph; 7 Split; 8 Adieu; 9 Eye; 10

Down: 1 Frequent; 2 Oil; 3 Retain; 4 Plaything; 5 Exile; 6 Substantiate; 7 Sleep; 10 Persevere; 13 Order; 14

Hiatus; 16 Feign; 20 Pen.

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## Saturday, April 23

- Table Top Sales – St Paul's Community Centre, Barley Lane, Goodmayes, IG3 8XE, free admission, noon to 3pm, cost per table from £8, to book call 07453 782726, first come first served.
- Tennis – small club in Ilford, we play Sat pm, Sun am and three weekday afternoons, over-50s welcome, details Tom 020 8593 4365 or John 020 8592 1609.
- Ante-natal Yoga – Quaker Meeting House, Bush Road, Wanstead, E11, Sat 10am to noon, Mon 6.45-8.45pm, post-natal yoga, Sat 12.05-1.15pm. 020 8923 6452.

## Sunday, April 24

- West Essex Ramblers – meet 10am at the road by Epping Station, 10-mile walk, 020 8502 1628.
- Ilford & District C.H.A Rambling Club – morning walk and street festival, meet 10.30am at The Cutty Sark DLR station. Three-mile walk, 020 8926 4593.
- One Day Workshop – print making, 10am-3pm, Buckhurst Hill Community Association, Bedford House, 4 Westbury Road, IG9 5NW. £24, 020 8504 6668.
- Strides Badminton Club – Wanstead Leisure Centre, Redbridge Lane West, 3.30pm, new members welcome, aged 18 and over, all levels, details Mark 020 8598 8435 (before 9.30pm).
- Sunday Service – Lighthouse Chapel International Church, Outset Centre, Frederick Street, Walthamstow, 11am-1pm. 07974 108350.
- Sunday Services – Kings Road Baptist Church, Chingford (junction of Kings Road and Scholars Road), 11am and 6.30pm.
- Sunday Services – Higher Life Christian Centre, Forest YMCA, 642 Forest Road, Walthamstow, 10am to noon.
- Learn to Dance Modern Jive – Hainault Forest Community Centre, 7-10.30pm. 07768 005858.

## Monday, April 25

- Short Mat Bowls – Warren Heath Short Mat Bowls Club, Warren Junior School, Gordon Road, Chadwell Heath, 7pm, details Tony or Heather 01708 340874.
- Music Listening Appreciation Group – Rectory Library, Rectory Road, Dagenham, 7pm, admission free. 020 8592 8821.
- Rehearsals – Redbridge Ladies Choir, Palmer Catholic Academy, Seven Kings, 7.45-9.15pm, new members welcome. 020 8551 9895.
- Rehearsal – The Roding Players Orchestra, Roding Valley High School, Alderton Hill, Loughton (opposite Underground station), 7.15pm, new members welcome. 020 8505 4329.
- Forest Highlanders Pipes and Drums – St Cedd's Church, Seven Kings, 8pm.
- Bingo – Friday Hill Community Association, Coney Burrows Community Hall, Friday Hill, E4, 1.30pm.
- Multi-denominational healing – Redbridge Healing Centre, IRDSA Hall, Craven Gardens, Barking, IG6 1PS (next to car park, Fullwell Cross roundabout), 7-9pm, no charge, 07971 536581/556490 or 07821 969405.
- Yoga Classes – The Peterhouse Centre, Walthamstow, 1-3pm and Tiptree Community Hall, Barking, 7.30-9.30pm, call Kay Russell 020 8554 7168.

## Tuesday, April 26

- Stroke Club – Parkside Stroke Club, Parkside Community Centre, Goodmayes Lane, 1.30-4pm. 020 8595 3973.
- Coffee Shop – Eastern Avenue Baptist Church, East Road, Chadwell Heath, 10am, games, videos, friendship, all welcome. 020 8599 1479.
- Club – Barking and Dagenham 18-Plus, The White Horse Inn, 118 High Road, Chadwell Heath, ages 18-35, 9pm, free trial membership, details Joe 07958 669339.
- Duplicate Bridge – Parkside Community Centre (corner of Goodmayes Lane and Longbridge Road), Barking, 1.30-4.30pm, regret no beginners, call Jim (pref. evenings 5.30-6.30pm) 020 8592 0397.
- Rehearsals – Chapel End Savoy Players, St John's Church, Chingford Road, Walthamstow, 8-10pm. 020 7474 7926.
- Gilbert and Sullivan, songs from the shows, old time music hall.
- Come Sing With Us – Pearl Hiller Concert Choir, Gants Hill, 1.30-3.30pm, call Pearl 020 8554 1240.
- Chadwell Heath Canasta Club – Chadwell Community Centre, High Road, Chadwell Heath, RM6 6AS, 7pm, all

welcome, from beginners (we will teach you). 020 8599 6638.

- Barking Road Runners – Barking Abbey School Leisure Centre, Woodbridge Road, 7.15pm, for experienced or fun runners, over 16 years. 020 8594 4602.
- Whist Drive – British Legion Club, Ilford, 7.45pm. 01708 555478.
- Line Dancing – Walthamstow Trades Hall, Intermediate, 8-11pm. 07968 036373.
- Circle Dancing – King Solomon High School, Barking, 8-10.30pm, no partners necessary, details 07956 592938.
- Square Dancing – American Square Dance Club, Fullwell Cross Library, Barking, 8-10.30pm, beginners welcome.
- Tea Dance – Woodward Hall, Woodward Road, Dagenham, mainly ballroom and Latin American, 2-4pm. 020 8592 8402.
- Redbridge Folk Dance Group, King Solomon High School, Forest Road, Barking, 8-10pm. 020 8559 8505 (eve).
- Salsa classes – Latin aboard the Tereza Joanne moored at King George V Dock, E16, 7.30pm. 020 7511 5000.
- Fitness classes – Wesley Hall, Methodist Church, Loughton High Road, 10.30-11.45am, safe, fun, 020 8508 3346.
- Sahaja Yoga Meditation – 1a Jewel Road, Walthamstow, learn to meditate, relax, de-stress, free weekly classes, 7.30pm, beginners welcome. 07931 851954.
- Yoga Classes – Redbridge Square Centre, rear of 188/190 Beehive Lane, Ilford, for beginners and mixed ability, 2-3.30pm and 7.30-9pm. 020 8550 0689.
- St Francis Mother and Toddler Club – Evangelical Church, Fencepiece Road, Barking, 1.30-3pm, adults £1, children free.
- Duckling Club – Parent and Toddler Group, Ley Street Chapel, 367 Ley Street, Ilford, 10am to noon. 020 8514 1255.
- Badminton player required to join small friendly group, 8.30-10.30pm, Higham Hill area Walthamstow. 020 8527 7234.

house band, £2 listeners, £1 musicians, all welcome, singers and drummers especially, 8.30-11.30pm. 020 8502 0351.

- Ilford No. 1 Senior Citizens Club – St John's Church, St John's Road, Seven Kings, IG2 7BB, 1-3pm, details Helen 020 8590 7291.
- Social Club – Wanstead House, The Green, E11, 8.30-10.30pm. 020 8514 8046.
- Bingo – Royal British Legion Club, 31 Dunton Road, Leyton, 7.30-10pm.
- Clairvoyance – Little Ilford Christian Spiritualist Church, Third Avenue, Manor Park, spiritual healing 12.30-1.45pm, services with clairvoyance 2pm and 7.30pm, donations accepted. 020 8514 4030.

## Thursday, April 28

- Keep Fit for over-50s – Debden Park Community Association Hall, Willingale Road, 10.30am. 020 8508 3346.
- Weekly 'drop-in' – friendly people who just want an afternoon of company. St Andrew's Church, Church Road, E17 6AR, 2-4pm.
- Circle Dancing to World Music – Quaker Meeting House, 1a Jewel Road, Walthamstow, 2-4pm, £4, beginners welcome, no partner needed, Pat 020 8556 3508.
- Ilford Centre Townswomen's Guild, St Alban's Church Hall, Albert Road, Ilford, 2-4pm.
- Wanstead Rotary Club – County Hotel, South Woodford, 1-2.15pm, call David 020 8989 2701.
- Barking and Dagenham Friendship Club – Methodist Church, London Road, Barking, 2-4pm, £1.50, for people who have had a sad loss. 020 8594 6409.
- Rehearsals – Woodford Symphony Orchestra, 020 8504 7783.
- Dagenham Camera Club – Wantz Library, Rainham Road North, 8-10pm. 020 8252 2334.
- Forest Creative Writers Group – Jazz Archive Room, Loughton Library, Traps Hill, Loughton, 12.45-2.45pm.
- Friends Club – St Cedd's Church Hall, Blythwood Road, Seven Kings (opposite Homebase), 50p per session.
- Social Meeting – Redbridge Stroke Club, Loxford Youth Centre, 2-4pm. 020 8220 5878.
- Indoor Short Mat Bowling Group – Buckhurst Hill Baptist Church, Palmerston Road, Buckhurst Hill, 8-10pm, facilities for disabled players, call Ken 020 8504 9044.
- Evening of clairvoyance – Friends of Light and Healing, Kingsley Hall, Kingsley Road (Debden), Loughton, 8pm.
- Church service with clairvoyance – Barking Christian Spiritualist Church, IRDSA Hall, Craven Gardens, Barking, 2.30pm free admission. 07930 231189.








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**Albion Road, Westcliff SS0**  
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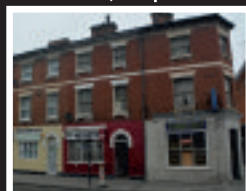
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## Astra primed to take on competitors

By Ian Donaldson

SMALLER but bigger and lighter, better equipped but cheaper and more economical – the new Vauxhall Astra arrives with a load of expectation to live up to.

Clever design means the car, built in Ellesmere Port, Cheshire, is 49mm shorter than the old model but the designers have found an extra 35mm legroom in the rear. The boot is bigger too.

Taking the cleverness factor up a notch, use of extra strong steel means the car is now up to 200kg lighter than before. That brings benefits in both performance and economy – losing the weight of two big adults has that sort of effect.

And then there's the price reduction on a car that must take on the might of the Ford Focus and VW Golf in a part of the market that takes no prisoners.

The Astra range starts at £15,295 and, says its maker, there are savings of between £150 and £2,200 when you compare the spec of old and new models.

Talking of specification, the new car is the first Vauxhall fitted with the OnStar system that can turn your car into a mobile phone. 4G hotspot, alert the emergency services in an accident and even deactivate the ignition if you report the car stolen.

It all sounds promising for a car that's been around in different versions now for 36 years, selling almost three million and seep-



**PUPPY DOG VIGOUR:** Vauxhall Astra SRI NAV 1.6 CDTI

ing so far into everyday life that a quarter of us have either owned or driven an Astra.

It has to be said not everyone will have been deeply delighted after the experience; for a long time an Astra was an inexpensive way of filling the company car fleet and built more to keep costs down than anything else.

Not so the new seventh generation Astra. It is so different in feel and driving pleasure that you wonder if Vauxhall thought of giving the car a new name, ridding it of any

unwanted baggage in the process.

On the outside, the new Astra continues Vauxhall's current look. That means a heavily sculpted body with enough swoops and curves for a dramatic feel. Inside is where the biggest change is obvious.

There's the usual sombre black look (a current must-have in most new cars, it seems) but everything is obviously neatly put together and feels solid in a way that belays the car's newfound lightness.

Engine choices at launch include several

petrol versions (1.0, 1.4 and 1.6-litres) and a sole 1.6-litre "whisper" diesel unit in three power outputs that proved its name was no idle boast on test, making less noise at a main road cruise than the equally new unit found in the dearer, Jaguar XE, for instance.

The 1.6 CDTI diesel engine sits in the middle of the power choices and punched the car down the road in satisfactory fashion.

A light right foot ought to be rewarded with impressive fuel consumption, although the officially mandated average figure (72.4mpg) looks unlikely – as ever.

Biggest surprise in a surprising car was the way it tackled corners with the sort of puppy dog vigour you simply didn't associate with any previous Astra. It now gives the Focus (long sitting at the pinnacle of affordable family fun motoring) a real run for its money.

And the Vauxhall looks much better inside.

### FAST FACTS

**Price:** £21,480

**Mechanical:** 134bhp, 1,598cc, four-cylinder diesel engine driving front wheels via six-speed manual gearbox

**Max speed:** 127mph

**0-62mph:** 9.0 seconds

**Combined mpg:** 72.4

**Insurance group:** 16

**CO2 emissions:** 103g/km

**BIK rating:** 18%

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## LATE SPOT-KICK ROBS HAMMERS

### West Ham United

**Leicester City 2 West Ham United 2**  
**Brian Jeeves reporting from the**  
**King Power Stadium**

A CONTROVERSIAL stoppage time penalty earned ten-man Leicester City a vital point against battling West Ham after an Andy Carroll spot-kick and a terrific Aaron Cresswell strike threatened to derail the Foxes' title challenge.

The atmosphere around the King Power Stadium was incredible, with the knowledge that a win for the hosts would take them ever closer to the title.

Leicester's meteoric rise might well have stunned the footballing world, but those taking their seats clad in blue and white firmly believe that the Foxes are on the brink of something very special.

West Ham arrived in the East Midlands chasing a top four finish and keen to end a winless run of five games, including an FA Cup exit at the hands of Manchester United.

The Hammers almost gave the home side an early shock. Cheikhou Kouyate nodded Dimitri Payet's free-kick beyond Kasper Schmeichel, only to see the effort agonisingly fizz across the face of goal, striking both posts in the process.

The Foxes responded. Robert Huth

a whisker away, heading Marc Albrighton's centre just off-target.

The game was being played at a frantic pace, and just before the 20-minute mark Leicester made a vital breakthrough. N'Golo Kante picked out Jamie Vardy, and the Foxes leading marksman beat Hammers keeper Adrian with a crisp angled drive.

The goal did little to settle the game into a pattern. Vardy and Winston Reid soon found themselves in referee Jonathan Moss' notebook.

Foxes skipper Wes Morgan did his utmost to trouble the Hammers backline but was unable to direct another pinpoint centre from Albrighton goalwards.

Hammers boss Slaven Bilic threw striker Andy Carroll into the fray for the second period in a bid to pep up the visitors' attacking threat and within five minutes of the restart it almost paid dividends as the Georgie frontman went close, diving headlong to meet Payet's corner.

Huth should have doubled the home side's advantage, heading over with only Adrian to beat. Vardy wasn't far away from reaching Shinji Okazaki's low delivery from the left.

But that was his last contribution. Minutes later he was shown a second yellow card by referee Moss after he had theatrically reacted to Ogbonna's

challenge. Buoyed by the numerical advantage Carroll almost restored parity following a sweeping move down the right. Schmeichel did well to cling on under pressure from Kouyate.

Then with seven minutes remaining the visitors were handed an opportunity of a lifetime. Morgan impeded Reid and Carroll expertly sent Schmeichel the wrong way from the spot-kick. West Ham were now clearly in the ascendancy, and when Antonio superbly picked out Aaron Cresswell the full back beat Schmeichel with a swerving effort.

But in stoppage time the drama continued. Carroll barely touched Foxes substitute Jeffrey Schlupp, leaving Argentine Leonardo Ulloa to hold his nerve to thump home the second penalty of the afternoon.

After the game Bilic said: "It was a good game of football. In the first half they scored a goal – we told the guys that they are dangerous. But you have to give them credit, it was a brilliant counter attack."

"In the second half we didn't lose composure. We were coping with their attacks. After the sending off we totally dominated the game."

"But at the end we made a mistake. You can't lose the ball in a situation like that. After that what happened

makes me feel very frustrated. I'm very disappointed because this game didn't deserve that. It puts a shadow on one hell of a football game."

Foxes' chief Claudio Ranieri said: "It was a tough match, but we approached the game very well. We were also a little lucky at the beginning when they hit both posts."

"The sending off totally changed our match. But I am so proud because I always ask my players to give me their soul, their heart until the end."

"Our supporters were fantastic today."

West Ham are next in Barclays Premier League action on Wednesday, April 20, when Watford are the visitors to Upton Park (7.45pm).

**Leicester City:** Kasper Schmeichel, Danny Drinkwater, Wes Morgan (Capt), Robert Huth, Jamie Vardy, Marc Albrighton (Jeffrey Schlupp), N'Golo Kante, Danny Simpson, Shinji Okazaki (Leonardo Ulloa), Riyad Mahrez (Daniel Amartey), Christian Fuchs. Subs not used: Andy King, Demarai Gray, Marcin Wasilewski, Mark Schwarzer

**West Ham United:** Adrian, Winston Reid, Aaron Cresswell, Cheikhou Kouyate, Pedro Obiang (Andy Carroll), Mark Noble (Capt) (Manuel Lanzini), Victor Moses (Enner Valencia), Angelo Ogbonna, Dimitri Payet, Emmanuel Emenike, Michail Antonio. Subs not used: Darren Randolph, James Tomkins, James Collins, Sam Byram

**Referee:** Jonathan Moss  
**Assistants:** Andrew Halliday, Harry Lennard  
**Fourth Official:** Robert Madley  
**Attendance:** 32,104

### Non-league round-up

## Bicknell on fire for Clarets

By Brian Jeeves

NATIONAL League South outfit Chelmsford City gave their fans something to cheer about by thrashing Gosport Borough 6-1 at the Melbourne Stadium.

Billy Bricknell was in fine form for the Clarets, hitting four of the goals, while Graham and Southend United loanee Jack Bridge completed the rout. Meanwhile, Joao Carlos and Ben Greenhalgh were on target as Concord Rangers picked up a useful National South point at Hayes & Yeading United. The eventual outcome a 2-2 draw.

In the National League's top division Braintree Town were at it again, picking up a 3-2 win over Gateshead at the International Stadium. Taylor Miles grabbed a brace for the Iron, while Mitch Brundle was also amongst the goals. Ben Clark and Alex Whitmore replied for the hosts.

In the Ryman Premier Division there was plenty of drama at Park Lane where Canvey Island completed an incredible comeback.

The Gulls trailed 3-0 at the break against a decent Burgess Hill Town side. But the half-time cuppa did the trick for the hosts as Cliff Akurang, Martin Tuohy and Harrison Chatting all found the net to earn Danny Heale's men a 3-3 draw.

Sam Higgins and Tom Wraight eased East Thurrock United to a 2-0 win over Harrow Borough at Rookery Hill, while Brentwood Town picked up a point from an entertaining 2-2 draw with Metropolitan Police.

However, it was a bad day for Grays Athletic who crashed 3-0 at home to Hampton & Richmond Borough.

There was plenty of action in Ryman League Division One North. Nathan Bertram-Cooper and George Purcell helped AFC Hornchurch to a 2-1 success over Heybridge Swifts at Bridge Avenue. Jordan Palmer with the Swifts consolation. Jake Clowsley was Brightlingsea Regent's scorer against Barkingside, but George Latoya and Tyrone Scarlet helped the East Londoners to a 2-1 win on their travels. And it was the same outcome at Ship Lane where Daniel Francis and a last-minute Jordan Clark penalty helped Thurrock overcome Waltham Abbey.

Kurt Smith's spot-kick just after the hour earned Tilbury a 1-0 win over Thamesmead Town at Chad Fields, while Great Woking Rovers slipped to a 3-1 defeat at Harlow Town. Dan Gilchrist with a late goal for the villagers. Redbridge went down by a single Darcy De'ath goal against Bury Town, and there was a setback for Romford who lost 2-0 at Cheshunt.

In the Essex Senior League, leaders Basildon United won a thrilling clash with Ilford 3-2 at the Cricklefield Stadium. In the chasing pack, Bowers & Pitsea saw off Enfield 1893 3-1, while Barking slipped to a 4-3 defeat at the hands of Stansted.

Selected highlights from the ProKit UK Essex Olympian League Premier Division saw Frenford Senior earn a 3-1 win at Newham United, and there was an impressive 4-2 win for White Ensign over Buckhurst Hill at the Len Forge Centre.

In Division One, Snarebrook won 3-2 at Basildon Town, and it was the same outcome at Lakeside, where Herongate Athletic picked up maximum points.

Catholic United grabbed a single goal victory over Rochford Town in Division Two, while Southend Sports were 4-0 winners over Harold Wood Athletic in Division Three.

## Orient's blushes saved as Daggers await drop

### Football

**Leyton Orient 3**  
**Dagenham & Redbridge 2**  
**Sky Bet League Two**  
**By Rowland Lyons at**  
**the Matchroom Stadium**

LEYTON Orient kept their slim play-off hopes alive after a narrow win over soon to be relegated Daggers on Saturday.

Jay Simpson's first-half brace seemingly put his side in sight of a much-needed three points.

But Daggers hit back to square the contest after the break, with former "O" Jamie Cureton pulling a goal back, before Clevid Dikamona's strike stunned the home crowd.

Armand Gnanduillet then spared the O's blushes with a late winner to leave them two points outside the play-offs.

Interim boss Andy Hessenthaler and his new management team made four changes from last weekend's Barnet reverse, with skipper Mathieu Baudry back from a four-game ban.

Gnanduillet, Sean Clohessy and Blair Turgott all earned recalls. Cureton, who endured a frustrating spell at E10 in former boss Russell Slade's reign, stepped back into the Daggers squad in place of the injured Oliver Muldoon.



**SCORERS:** Orient's Jay Simpson (left) and Daggers' Jamie Cureton

Orient took a third minute lead when Gnanduillet helped on Nicky Hunt's deep throw-in and Simpson crashed past a helpless Mark Cousins from eight yards.

The O's then had to defend in numbers as the Daggers, with nothing to lose, went for broke.

Gnanduillet and Simpson should have put the game to bed, but the restored Turgott, enjoying a free role on the left struck gold in stoppage time to set Simpson up for his 25th and probably easiest of his season, netting with a straightforward tap-in.

With the National League trapdoor opening, Daggers made a major con-

tribution to this entertaining derby, firstly with Cureton reducing the arrears on 59 minutes with a smart finish after a Baudry slip.

Only a minute later Dikamona was celebrating after netting with a fantastic strike.

Stung into life by their opponents' comeback, the O's attacked purposefully and within five minutes the industrious Turgott set up Gnanduillet for a routine, but crucial tap-in.

Dagenham tried to appease their travelling support in the closing stages, but found Alex Cisak in fine form to tip away Matt Richards's curling set-piece, before denying

skipper, Joss Ladabie, from point-blank range.

Palmer and Simpson went close in stoppage time to leave a relieved Hessenthaler admitting: "It probably has been the toughest week in my career, but there was a good response from the boys."

Daggers' boss, John Still, put on a brave face, adding: "For the first half-hour we lacked organisation and we conceded a schoolboy goal in the first minute and then in the last minute of the first half."

Two-goal hero Simpson said: "I know the fans have been frustrated with the results recently, but, we've been putting in the work on the training ground and trying not to let off-pitch things affect us."

"It's a good win and we can look forward to the Plymouth game." (Tuesday, kick-off 7.45pm)

**Leyton Orient:** Alex Cisak, Nicky Hunt, Mathieu Baudry (captain), Shaun Brisley, Jerome Binnom-Williams, Sean Clohessy, Nigel Atangana (Jack Payne 82), Lloyd James, Blair Turgott, Jay Simpson, Armand Gnanduillet (Ollie Palmer 66).

**Dagenham & Redbridge:** Mark Cousins, Justin Hoyte, Clevid Dikamona, Dominic Hyam (Quade Taylor 47), Joe Widdowson, Matt Richards, Joss Ladabie (captain), Matthew Cash (Matt McClure 74), Matt Richards, Christian Doidge, Jamie Cureton. **Referee:** Dean Whitestone **Assistants:** Craig Taylor, Adrian Sannerude. **Attendance:** 5,696



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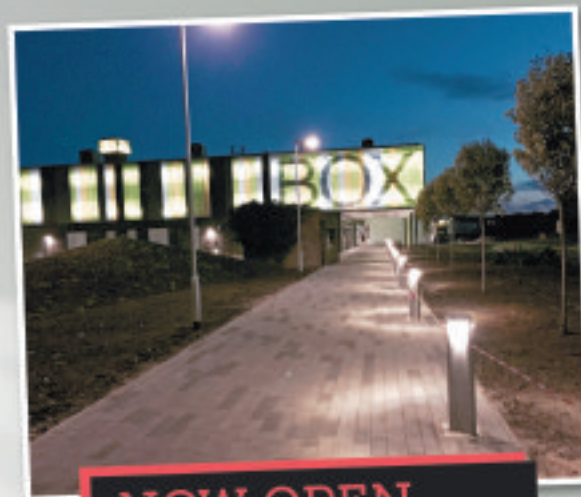
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